

eighty five

Vital  
Signs

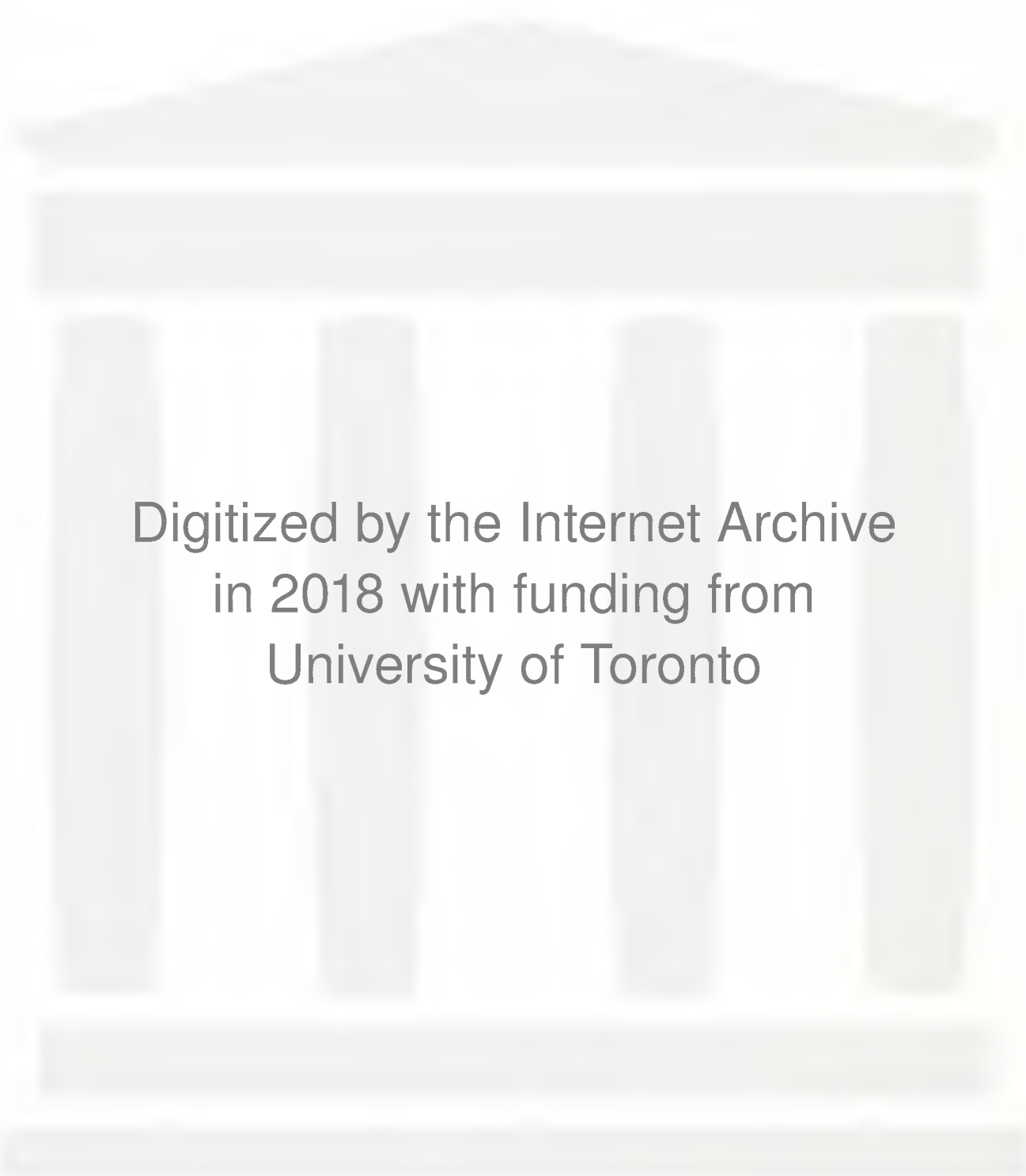
VARSITY NURSE

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1985



Digitized by the Internet Archive  
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<https://archive.org/details/varsitynurse1985toro>

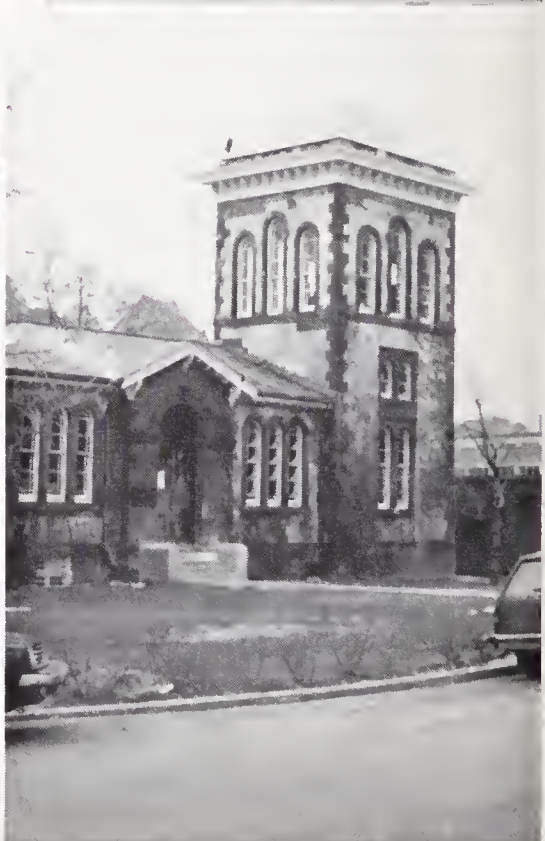
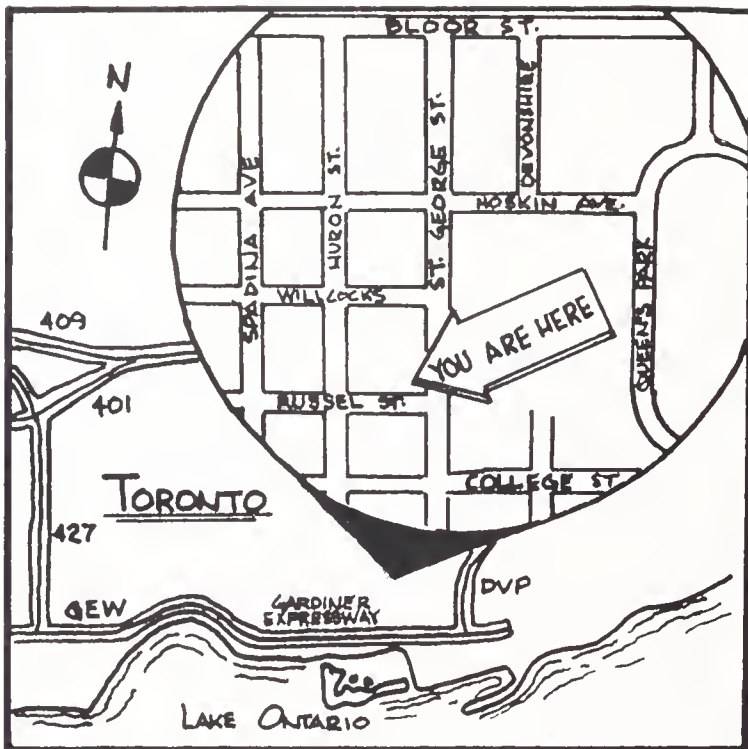
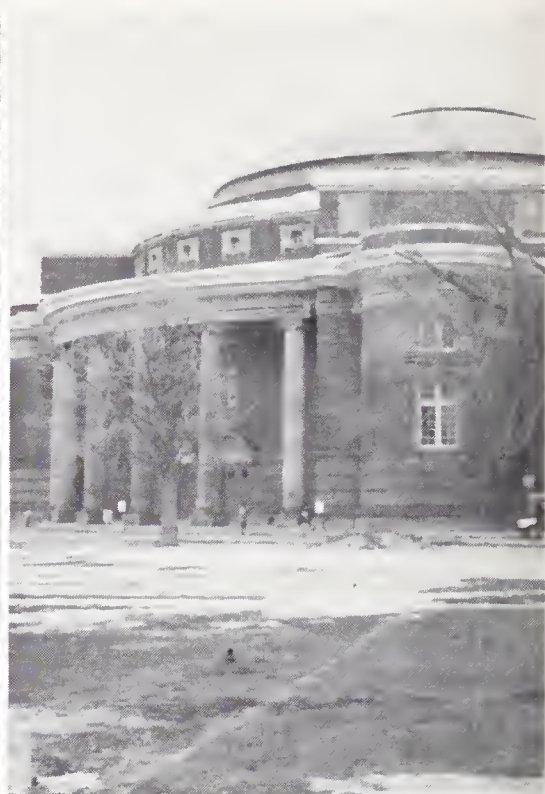


University of Toronto  
Faculty of Nursing  
Presents

the  
Vital Signs  
of  
Nursing









A LOOK AT THE "HOSPITAL SYSTEM":

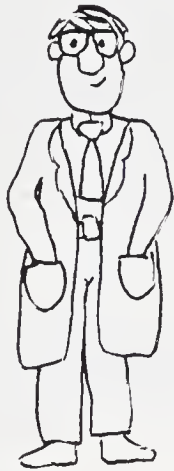
CHIEF OF STAFF

Leaps tall buildings in a single bound,  
Is more powerful than a locomotive,  
Is faster than a speeding bullet,  
Walks on water,  
Gives council to God.



STAFF DOCTOR

Leaps short buildings in a single bound,  
Is more powerful than a switch engine,  
Is just as fast as a speeding bullet,  
Walks on water if sea is calm,  
Talks with God.



RESIDENT

Leaps short buildings with a running leap and a favorable wind,  
Is almost as powerful as a switch engine,  
Is faster than a speeding B.B.,  
Walks on water but only if it is frozen,  
Talks with God if special request is approved.



INTERN

Clears a small hut with a mighty bound,  
Loses race with locomotive,  
Can fire a speeding bullet,  
Swims well,  
Is occasionally addressed by God.



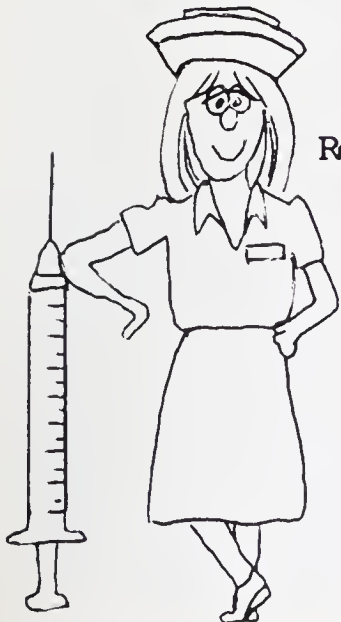
MEDICAL STUDENT

Runs into small buildings,  
Recognizes locomotives two out of three times,  
Dog paddles or treads water,  
mumbles to small animals.



THE NURSE

Lifts buildings to walk under,  
Kicks locomotives out of the way,  
Catches speeding bullets in her teeth,  
Freezes water with a single glance,  
SHE IS GOD! ! !



# DEAN



The Class of '85 has made its mark on the life and times of the University of Toronto, and most particularly the Faculty of Nursing. Some of the marks of influence are delightfully captured on the following pages and the efforts of those who captured for all time are here commended. The yearbook for '85 becomes a treasured record of the work, study and fun in which each participated.

As you graduate from this phase of your life, you take with you special abilities and knowledge which form the base for important contribution to human well-being and thus to your own rewards for self-fulfillment and satisfaction. You also take with you the good wishes of each of us at the Faculty. Go well and with pride.

Phyllis Jones  
Dean

# UNDERGRADUATE CHAIRMAN

It is always a pleasure to be asked to convey greetings to the Graduating class and all students through the Yearbook.

I know that the Undergraduate Faculty join me in hoping for a sparkling, happy and successful future for the graduates as they begin their professional careers. We also hope that they will keep in touch with the Faculty of Nursing through our Alumni or visits.

We also wish all students success in their studies. Your enthusiasm and hard work is recognized and appreciated.

With many good wishes to all,  
Anna Jean Rouse  
Chairman - Undergraduate Programme





# "THE CREW"



# STUDENT COUNCIL



The Student Council has been a very active group of hard working students, who willingly give of their valuable time in an attempt to enrich the years we spend at this University. I have seen the activities of Council change quite drastically over the four years that I have been involved. As we became more aware of our professional image we have strived to bring in speakers and put on events that appeal to all students. We also sponsored C.P.R. and first aid courses for the first time, while continuing the popular therapeutics course. Your social life was not forgotten either; from pubs to the Ontario Place formal, there was always something to do!

Hopefully we managed to offer something of interest to all, and I hope that you took the opportunity to get involved. Extra curricular activities greatly enrich the years spent here, after all, there must be more to life than care plans and A.P.A. format!

I would like to thank every member of the 1984-85 Council for the hard work, originality, and enthusiasm.

To the graduating class, congratulations, we made it through four years of hard work and hopefully had some fun in the process. I want to wish everyone the very best of luck in all future endeavors and I hope that you remember your time at this faculty with as many fond memories as I do.

Judith Linton  
President F.N.S.C.

I would like to congratulate the members of Student Council who helped to make 1984-1985 a very busy and enjoyable year. The promotion of educational activities as well as social functions has demonstrated the ever-changing image of the nurse.

For those students who feel they may have something to contribute to the Faculty, I would encourage you to get involved and voice both your concerns and suggestions through this medium. You will find the participation on Council both fun and a learning experience.

To the first, second and third year students, keep working and enjoy yourselves because it's over far too soon. To my classmates of 8T5, congratulations, we've made it!

Barbara-Anne Walsh  
Vice-President F.N.S.C.







Directing social activities was an incredible experience which we will not soon forget. The job brought us some rare opportunities: doing silly announcements, interacting with faculty, doing business with large corporations, and last but not least, spending hours in animated talks with gorgeous men planning fun. Seriously though it has given us an opportunity to meet and work with dynamic and inspiring people.

The 1984-85 academic year saw the first Devo-Nursing boat cruise - a grand success! Tradition filled events including the Wine and Cheese Party and the Christmas Party provided a chance for staff and students to socialize. The Starlight Formal was a night to remember (if you can). And the pubs were FANTASTIC!!!

Many thanks to all those who supported, helped and participated to make social life a success.

Susan Engels & Pamela Beard  
Social Directors

Let's face it - you guys have been educated this year! We hit you in the heart with CPR recertification and attacked your central nervous system with pharmacy. We provided some entertainment with the evening soiree on the realities of nursing, and finished off the year with a great Careers Day. As BScN. grads, we're starting to see that education is where it's at! To my graduating classmates: best of luck in the future! To the rest of you: don't worry, we're proof that you can make it too! Thanks for all your support!

Christine Bebenek  
Education Director



Libbie Oag - Secretary  
Sue Bookey - Treasurer

## S.H.O.U.T.



This year an attempt was made to remove some of the apparent mystery surrounding a voluntary organization at the U of T. When recruiting members for S.H.O.U.T., I was not, as some thought, looking for a cheerleading squad. Rather, I was looking for students who were interested in giving some of their time to the Students Health Organization, University of Toronto. This program gave volunteers from year III an opportunity to work at a community clinic, take histories, practice the physical exam technique and give I.M's and S.C.'s. The students utilized the nursing process in the formulation of nursing diagnoses and were able to share these with other members of the health team at the clinic. Unfortunately, second year students were unable to participate due to program changes.

Some changes were implemented this past year, as a result of an evaluation process, to meet the unique needs of the clinics, while operating at the highest level possible. It is hoped that these changes will continue in the future.

I would like to take this opportunity to thank all of the persons who gave their time and expertise, lending to a successful year for the S.H.O.U.T. program. Good luck in 1985-86,

Laurie Weiss, S.H.O.U.T. rep.

## CHARITY



This year, Shinerama's campaign at the University of Toronto raised a total of \$12,000 during orientation week. Thanks goes to the 700 students who shined shoes, the many who participated in the Bed Race, Shinerama Tea and Volleyball game. The Shinerama campaign occurs each year at many universities across Canada. The funds that are raised are put towards Cystic Fibrosis Research. At present there is no cure, but in the past ten years great leaps have been made in the management of this disease. Hopefully, this worthwhile effort will continue in the years to come.

Miriam Gotlin  
Charity Representative



# GENERAL COUNCIL



Back Row: Cathy West, Marianne Forma, Suzanne Guthrie, Cori James, Laurie Weiss, Carolyn Hayden, Libbie Oag, Barbara Anne Walsh, Luanna Boltos, Leanne Giddings, Pamela Beard. Front Row: Amanda Simington, Sue Guest, Judy Komlos, Nicola Dorosh, Jim Lillie, Claudia Weidenborner, Sue Bookey, Judy Linton, Chris Bebenek, Carol Lawson, Kathy Muller.



## ORIENTATION



*Academia Here we come!!*

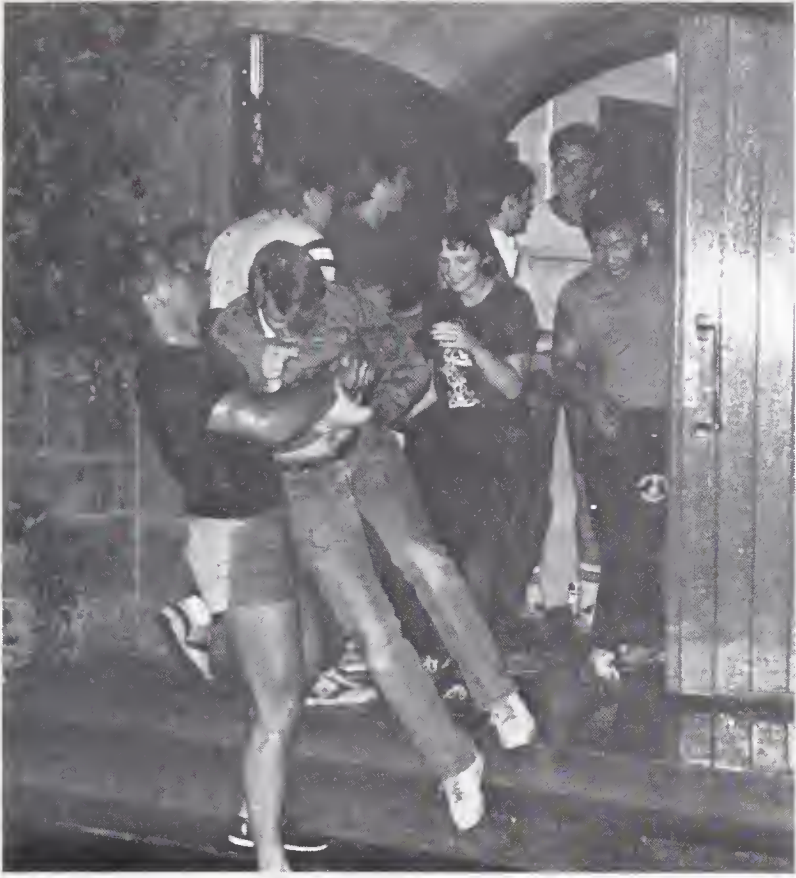


If anyone has forgotten Orientation 1984, this will help to bring back some memories! It was a cool week, but the fun-filled events helped to keep everyone warm inside, and provided us with long-lasting memories. Who will forget the Shinerama activities, D.J.'s pub, the colourful launching of forty balloons while proudly singing "We are the nurses!", Frank Vetere's dinner, and finally, the nurses' wash at Devonshire.

The week was very successful, with thanks going to the Orientation Committee, the faculty, and the Frosh. We hope that we helped to make the Frosh feel part of the faculty and university, and meet many people who have become friends. We trust that this has been a prosperous and enjoyable year for the class of 8T8. I hope Orientation '85 will be as great! Take care.

Cathy West  
Orientation Chairperson







# BASIC ONE



Left to Right: Roberta Heale, Michelle McLean, Nancy Vandenberg, Nancy Baigent (illustrated), Kim Thomas, Julie Luker.





Left to Right: Marilyn Feikema, Louise Schenk, Monika Pint, Paula Reid, Dianne Hill; Above: Andrea Rusak.



Linda Ambos, Holly Reid.



Left to Right: Lisa Balestrin, Louise Urbanc, Laurie Letourneau, Anabel Campos-Novoa, Cali Kung; Absent: Roger Renaud.

Left to Right: Tracey Allin, Cathy Kole,  
Jean DeLay, Yvonne Kooter, Deb  
Cronyn, Joanne Charbonneau.



Left to Right: Helen Marttinen, Pamela  
Walker, Tamara Fischer.















# BASIC TWO



Top Left: Gail Vermeersch, Kathy Muller, Miriam Gotlib Bottom Left: Jane Mann, Julie Racz, Sheeva Ramiekersingh.





Top Left: Luana Bottos, Cathy West Bottom Left: Nancie Smith, Jane Sullivan, Paula O'Sullivan, Melody Otley.



Top Left: Bernadette Kromar, Suzanne Guthrie, Tanya Mokrytzki. Bottom Left: Nannette Altego, Cori Janes, Susan Chance.





Top Left: Gail Richmond, Li Baxter, Farah Alam, Eva Bergrer Bottom Left: Nancy Taylor, Nina D'Souza, Joanne Telfer.

Melodie Otley, Rebecca Stone, Roxanne Clarle.



Georgette Jornada, Christel Helwig, Judith Morsink, Wendy So.



Top Left: Janice Sullavin, Pam Beard, Beth Sherman. Bottom Left: Susan Engles, Sheeva Ramrekersgh.



Elaine Szeto, Paula O'Sullivan, Bernice Zaft, Lianne Sheriff.



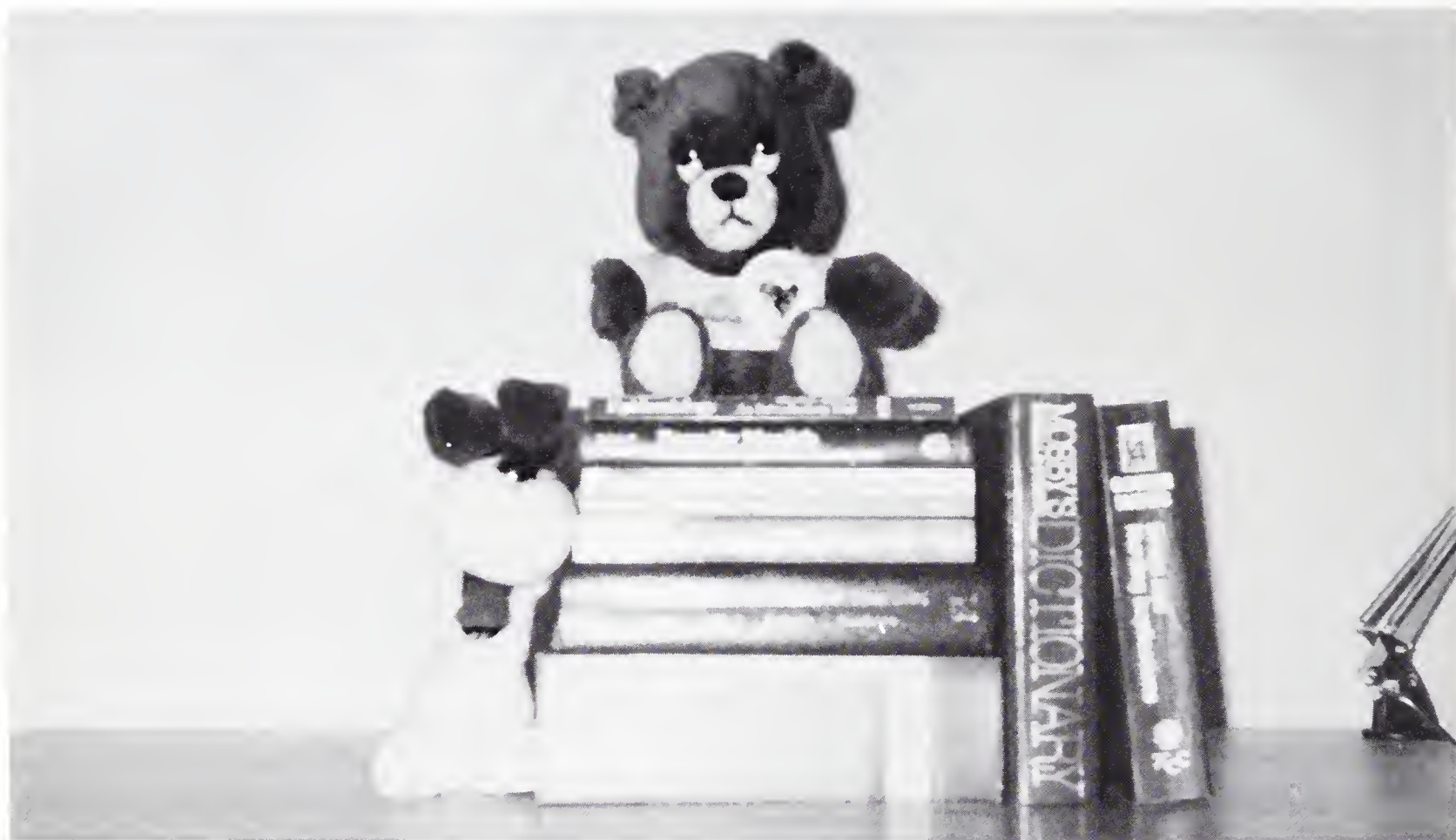








# BASIC THREE



Chris Rozman, Maureen Allen, Lorna Deobald, Jennifer Robinson, Annette Ganzenberg



Top: Claudia Weidenborner, Edi Cabecinha, Judy Komlos; Bottom: Mary Lou Albanese, Nicola Dorosh, Bonnie Mills





Christy Simpson, Shelly Massey, Sheila Webster, Marianne Forma, Donna Nanton, Laurie Short, Angela Toplis

Fatima Silva, Daniela Scott, Eva Neofytides, Dina Pantaleon



Joanne Baxa, Sue Morris, Peggy Reinhart, Denise Cosani, Barb Jones



Karen Narraway, Kathy Ryan, Diana Roberti, Nancy Tournour





Anita Beltrame, Laurie Weiss, Liz Tesla, Ellen Douglas, Barb Taylor

Kay Kirsivali, Jane Dew, Kathy Keith, Terry Barnard, JoAnne Purcell



Shelly Shaunessy, Kim MacDonald, Glenda Riley, Lauella Manankil, Lilly Hsu, May Tang

Mary Blake, Laura Commisso, Heather Thornton, Theresa Spadafore, Joy Bunn, Tammy Maguire





Tracy Kwan, May Chung, Leonard Forde



Sandra Li, Kitty Fung, Byron Hovey



Carol Szpirglas, Stanislavka Bratic, Glenda Feikema, Dorothy Piercy, Kathryn Lambert



Lidia Cunic, Jenny Mitichondis, Cindy Radford





Judy Nishikawa, Chris Mamak, Lisa Pideon,  
Shelley Massey

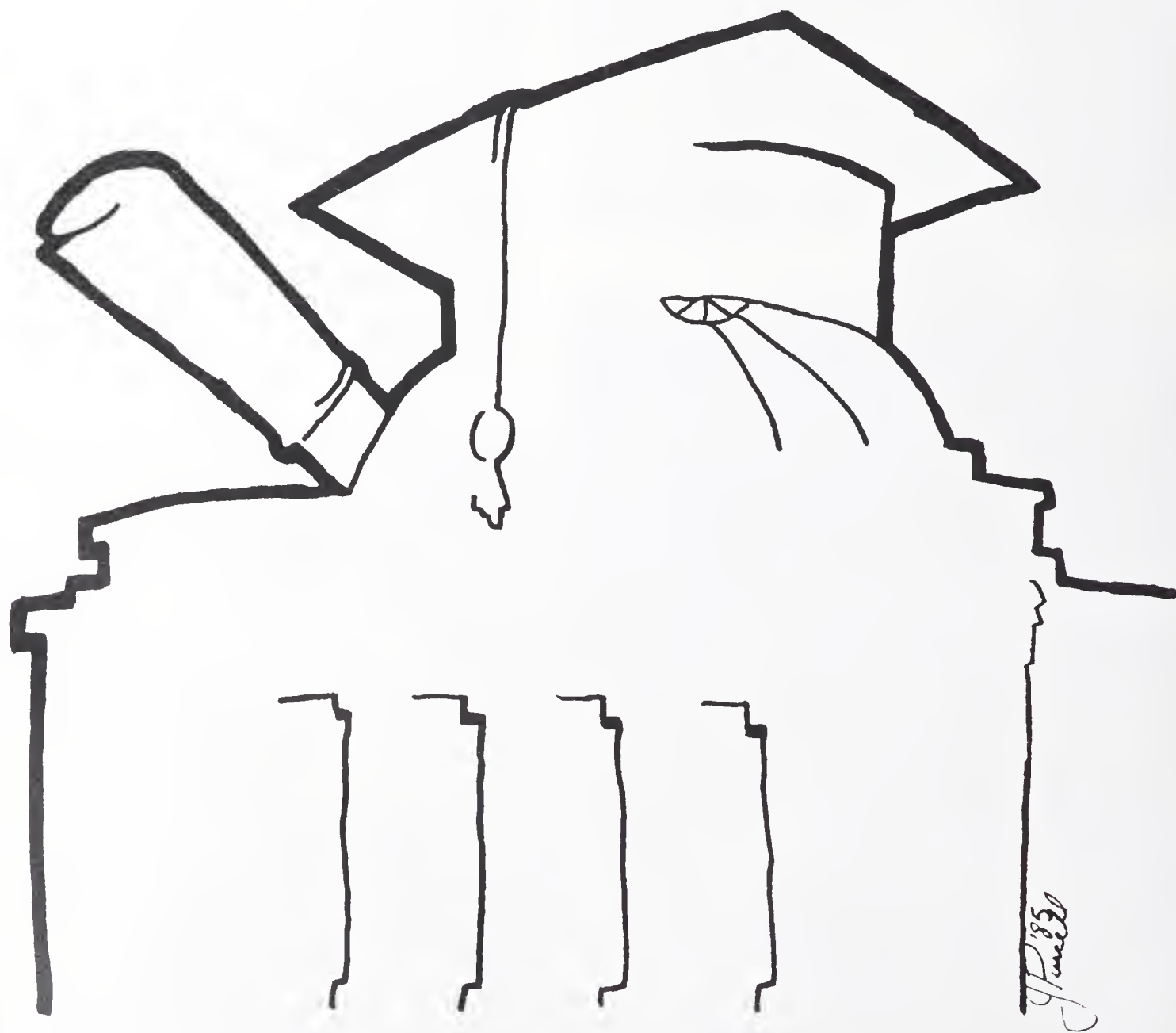








# CLASS OF '85



*June 85*





CAROL ANDERSON: AMB: Clinical nurse specialist in gerontology stationed in Tuktoyaktuk. PD: Digging in Olduvai Gorge with Richard Leakey. CM: thanks to S.J, M.P, V.P, M.P, A.C, & M.M, for all the memories. FS: Another Miller please! PP: D.S SA: Maintaining composure in the presence of Dr. Wiley.

CECILIA BERTAZZON: St. Thomas said one must doubt and question something before one can truly believe and so we did! Thank you all for sharing and providing the chance.



ANTONELLA CAPOGRECO: AMB: To use my knowledge to the fullest. CM: My graduation. FS: JTF SA: Making it through 4 years at U of T SANE. Meeting Jeff, for without him I wouldn't have survived the past 1 1/2 years. Thanks to my family & friends for their continual support.



ANNE COTTON: NN: Annie CM: Reserved seat in back row making video with the rebels. AMB: To own a condo in Ft. Lauderdale. SA: Passing! PD: Head Nurse, Ft. Lauderdale General. PP: Animal characteristics. FS: Shut-up J-9.



DEBORAH GIDMAN: AMB: Pediatric nurse specialist in Bermuda. CM: friends who helped me get through 4 years and NWT. FS: "X more weeks of this" NN: Goof PD: Spending the rest of my life as an NA. SA: Yet to come. PP: Subjectivity of the faculty & APA.

SYLVIANNE GILBERT: AMB: Obs nursing. CM: weekends FS: I can't wait till this is over. SA: Making it through 4 years of nursing without requiring ECT. PP: Objectives, group conferences, finding articles & photocopying at Med Sci.



SUSAN GUEST: We worry as though we had a thousand years to live! Let us rather strive after the gentle humour of the heart which knows how to smile at the world. - Nico -



SANDRA JOHNSTON: AMB: To nurse in space. PD: To nurse on earth. SA: Mental faculties still intact. NN: "Spaghetti Legs". PP: D.S. CM: Contracting "kibbyitis" with C.A & M.P. FS: I'm so confused.





SUSIE KANG: Thank you for the memories (both good & bad) but it sure is nice to move on.

NADIA KOMAVLI: AMB: Pediatric nursing, CM: Sleeping in on non-clinical days; worrying about clinical with a special friend over tea. FS: He's always wearing those brown pants. PP: Expanding margins for essays.



ELIZABETH KURPITA: As Emerson stated: "The things taught in schools & colleges are not an education but the means of education." In addition, 4 years away from home have taught me: Mom is almost always right, never say never, 4 years isn't an infinite amount of time & I couldn't have made it without the help of my friends.

SUSAN LAIDLEY: AMB: To become an independent nurse practitioner specializing in gerontological nursing. CM: Support from my friends. Orientation '81, '82, Montreal '83, Nursing Pub '85. FS: Ahem! PP: Weekly assignments & closed-minded persons. SA: Graduating with BScN.



DIANA LEVENTIS: If you can imagine it, You can achieve it; If you can dream it, You can become it. - William A. Ward

ALANNA LOEB: No matter what you do, do it with love. Care about it or it is nothing.



JANET MAC COURBREY: AMB: Pediatric cardiology followed by Public Health Nursing. CM: Talking in the back row & making a video with the "Rebels"! PP: In-depth problem solving in complex and ambiguous situations. SA: BScN & recognition.

MARGARET PREGLJ: AMB: to pursue a career in nursing. PD: Nursing director of the Slovenian "old folks" home. PP: D.S. CM: Dr. Mac Rae's speech on life. FS: "Oh Wow!" NN: Margaret SA: Recovering from "Kibbyitis"







SONIA RAYMAN: AMB: Midwifery in Canada. CM: Trip to Florida in third year. PD: Tanning in the tropics PP: Winter SA: Living the last four years in close quarters with Jane Stuart.

JANINE ROBB: NN: J-9 CM: Reserved seat in back row, making video with the Rebels AMB: To figure out what I did during the past 4 years PD: Cashier at Miracle Food Mart SA: Remaining sane PP: Animal characteristics FS: Shut-up Anne.



GEORGIA SAVOPOULOU: AMB: I am leaving U of T with the best memories in terms of kindness, support and love.

JANET SISSONS: Over the past 4 years I have collected a treasury of new friends with whom I have shared the trials and tribulations of university life. I hope these friendships will endure long after our voices have faded from the student lounge.



JANE STUART: AMB: To work as a pediatric nurse specialist CM: Studying for the physiology test with Sonia Rayman NN: Stewy PD: Cornering the popcorn market SA: Convincing Derrick that these last 4 years of school were really worth it.

SHERRILL TOLDY: "We grow through pain" Have I ever grown during these past 4 years! Without God's help and the love of family and friends, I could never have made it through the program.



DEBBIE VAN DER SLUIS: I will never forget what I have learned during my years as a student. You have made a lasting impression on me.

LORI WHITFIELD: AMB: To work in Public Health with a pediatric focus. CM: March 4, 1985 (the day the university closed) Partying for 2 years with "OJ" PP: Getting up at 6:00 am for clinical & Friday seminars after you've done yours. SA: Never doing homework on a Friday or Saturday night.







SOO WONG: AMB: To get involved in politics. FS: "You're weird" CM: Orientation '81, '82, '83, '84; Susan's Herb Tarlich party; the trip to Goodwill to pick up second hand clothes for the party; meeting a "special" friend at Lori's party. "Life begins after graduation". Thanks to my family & friends for your support & trust in me.

KEY:  
AMB: ambition  
CM: cherished memory  
FS: favorite saying  
NN: nickname  
PD: probable destination  
PP: pet peeve  
SA: significant achievement



CATHERINE BEATTY



CHRISTINE BEBENEK



SUSAN BOOKEY



ANNA CIULLO



PAULA CLARK





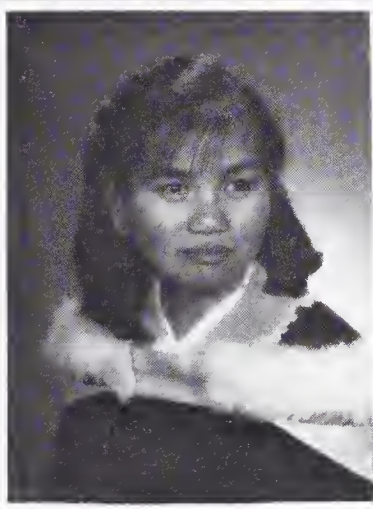
BARBARA COLSON



LYNN COOLEN



SHANNON DAVIS



ANGELA DEGUZMAN



BRUNA DELUCA



ANNE MARIE DOONER



BARBARA DUTTON



LENA DUTTON



M.J. ESPLEN-ROGERS



KENDRA FACKOURY



LINDA FERGUSON



SHELIAGH FLYNN



JOYCE GEE



MARGARET GEHRS





LEE ANNE GIDDINGS



JUDITH GORDON



DIANE GWARTZ



ELIZABETH HART



PATRICIA HART



CAROLYN HAYDEN



SHARON HEWITT



KATHLEEN KASMIERSKI



JANE KENNY



RUTH LEE



ANNIE LEVITAN



JUDITH LINTON



SANDRA LLOYD



SANDRA MARANGOS





LORRAINE MOORE



ELIZABETH OAG



BRENDA O'CONNELL



JACQUELINE PAGE



KAREN ANN PETTY



VALERIE POCILUYKO



JEAN REHDER



LINDA REIMER



ELIZABETH ROBERTSON



MARK SANDERSON



PATRICIA SCOTT



LOUISE SWEATMAN

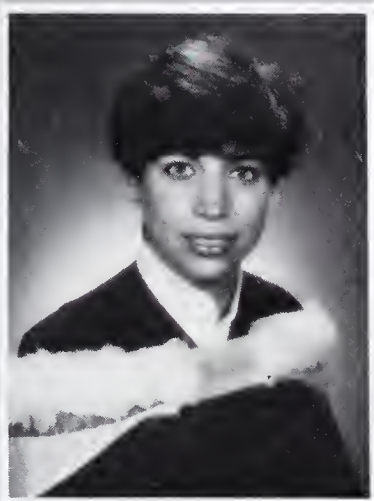


AMANDA SYMINGTON



SUSAN VANLUVEN





BARBARA-ANNE WALSH



PAULINE WOOLLEY



JULIE ZETTEL



"Look out world, here we come . .!"





# IT'S A NURSING STUDENT'S LIFE . . .



A caffeine fix to get through the day . . .

Assignment # 194 . . .

Practicums which make you wonder . . .



Your first IM in 2 years, with a little help of course . . .



"Why am I here?" type of classes . . .



# GRADUATION COMMITTEE



While fourth year holds many academic challenges, non-academic challenges also exist. The latter would, without a doubt, include fundraising activities, planned and run by the members of the Graduation Committee. To simply thank each individual who gave time and energy for the benefit of her classmates would not be enough; rather, congratulations would be more appropriate - congratulations to a special group who ensured the success of uniform, rugger shirt, and chocolate sales, barbeque lunches, Grad pubs, and most certainly, the grand finale - the Grad Ball.

Carolyn Hayden & Soo Wong  
Co-chairpersons





# GRADUATION AWARDS



## B.SC.N. HONOURS GRADUATES June 7, 1985

Sharon Margaret Hewitt  
Carol L. Anderson  
Jacqueline Margaret Page  
Joan Elizabeth Rom-Colthoff  
Margaret Annita Gehrs  
Catherine Goldberg  
Janet Margaret Neilson  
Christine Marie Bebenek  
Louise Rata Sweatman  
Nadia Maria Komavli



## AWARDS

Sharon Margaret Hewitt - Nora Greenlade Prize  
Angela de Guzman ) Alice Girard Prize  
Ruth Lee )  
Pauline Wooley - Queen Elizabeth II Sesquicentennial  
Scholarship in Public Health Nursing  
Judy Linton - Frances Jeckell Crozier Award



# CONVOCAATION JUNE 7, 1985



## STUDENT AWARDS:

Christine Bebenek  
Susan Bookey  
Phyllis Chong  
Margaret Gehrs  
Carolyn Hayden  
Judy Linton  
Alanna Loeb  
Libbie Oag  
Barbara Ann Walsh  
Soo Wong





# GRADUATION FORMAL

## JUNE 8, 1985

### WESTIN HOTEL

Master of Ceremonies: Soo Wong  
Valedictorian: Margaret Gehrs  
Faculty Speakers: Anna Jean Rouse  
Dr. Isabel McCray  
Grad Chairpersons: Carolyn Hayden  
Soo Wong









# Social

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# TACKY TOURIST PUB



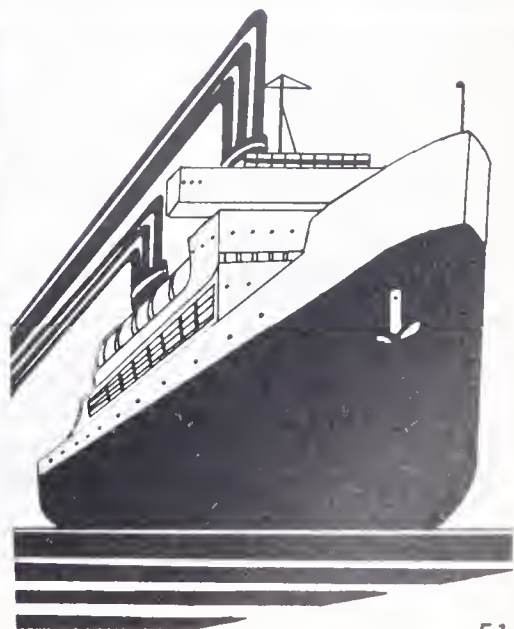
Tacky, tacky, tacky

Hey Baby, let's dance!











# HALLOWEEN PUB '84



Could I interest you in a drink?







"Wanna horse  
around?"

She's such a card - But  
who knows how to deal  
with her?!



You call THIS professionalism?!





Starlight Formal









## WINE AND CHEESE PLEASE





## YEAR III PIZZA PARTY





# CUNSA

This busy year got off to a great start with a talk by Susan Nelles on legalities in nursing. Other events included working with Continuing Education to host a career planning seminar. Fund-raising activities, like selling lab value cards, were held throughout the year.

The Regional Conference was held at Lakehead University in Thunder Bay. As well as learning about nursing in the North, delegates enjoyed the beautiful campus.

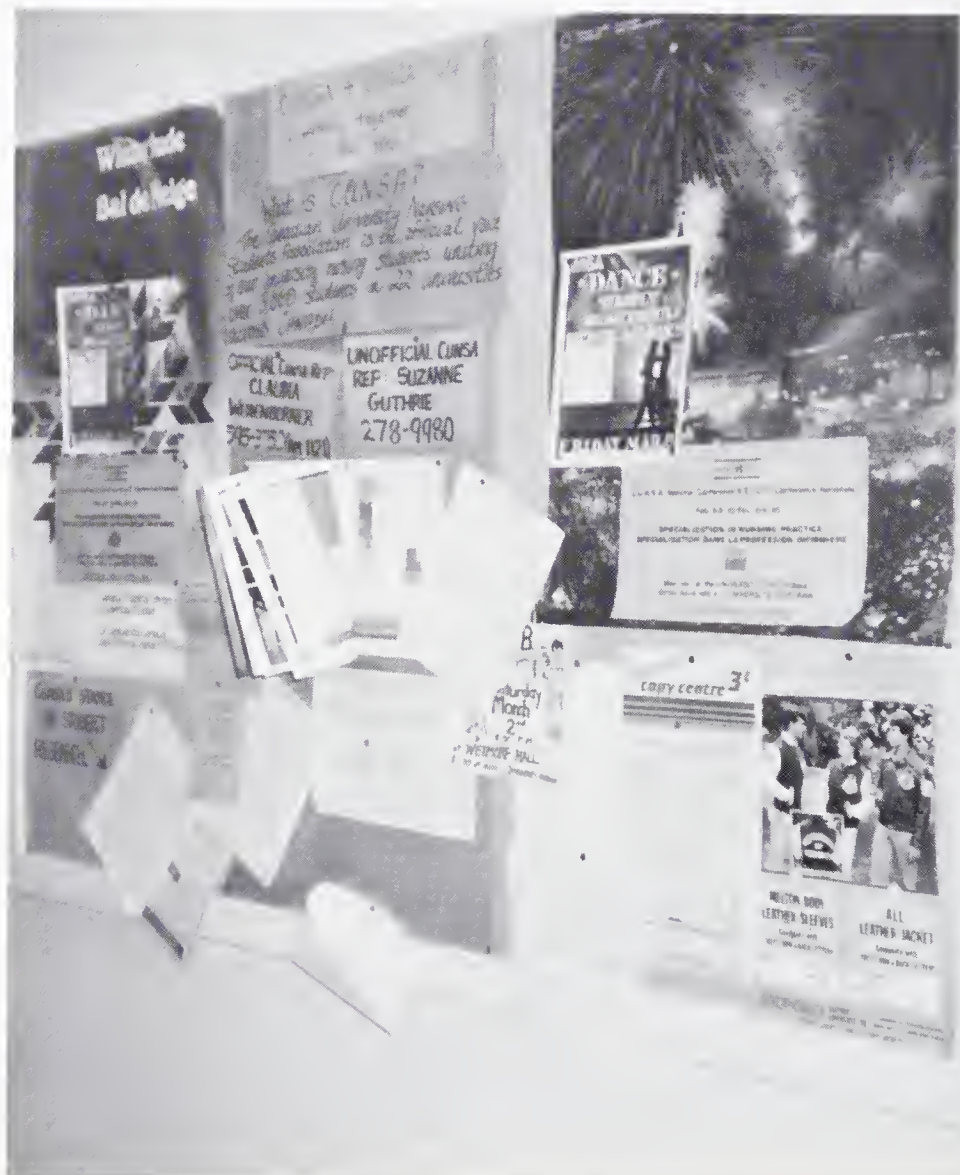
The National Conference at the University of Ottawa was launched with a wine and cheese skating party. Fifteen delegates from our faculty learned about various specialties in nursing. The four days ended with a banquet at the Skyline Hotel, where we bid farewell to old and new friends.

Our student nurses' association will continue to be as active during the next year.

Claudia Weidenborner  
Official Delegate



Suzanne Guthrie: Unofficial Delegate

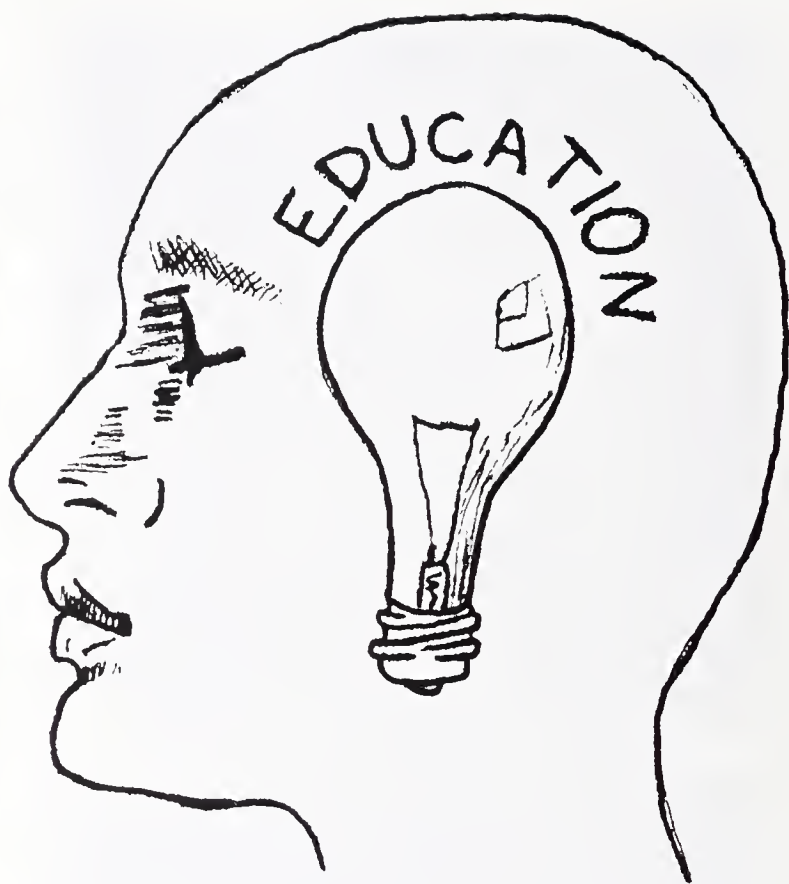




# C.U.N.S.A. CONFERENCE



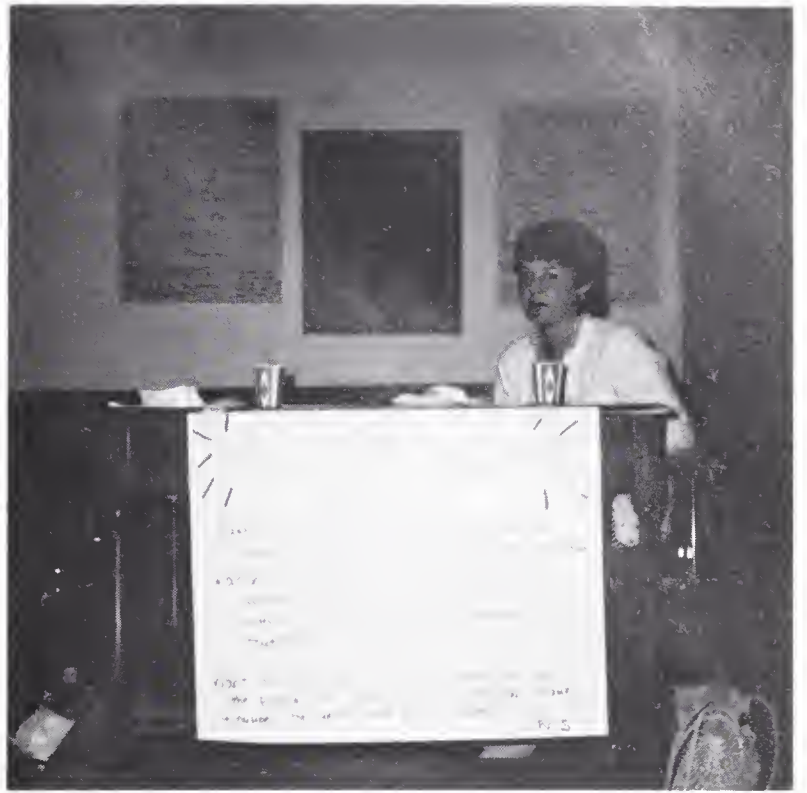








Susan Nelles





# SPORTS



Participation and enthusiasm for sports has continued to grow this year. Our athletes have willingly braved early mornings to give battle to all and any takers. Our teams were great; no first place finishers, but we always looked good, especially in our new jerseys.

Many new sports were introduced, like squash and coed curling, to supplement the familiar ones like volleyball and flag football. This was the year that our basketball game got the reputation of being "ruffians". Imagine that, the givers of care and enemas being labelled as brutes.

Thanks go to our coaches, a necessary part of any up and coming team. Thanks also to all who participated in any sports activity, from soccer to badminton to powderpuff. The thanks of the faculty goes out to you for maintaining nursing's presence on campus!

Cori Janes and Kathy Muller

## SOCCKER



Left to Right: Back Row - John Boulton, Cathy West, Melodie Oteley, Cori Janes, Heather Thornton, Burt Gruenburg, Front Row - Nancy Griffin, Maureen Allen, JoAnn Purcell, Chris Rozman (plus members of the Innis College team).



# ACTION SHOTS





# POWDERPUFF



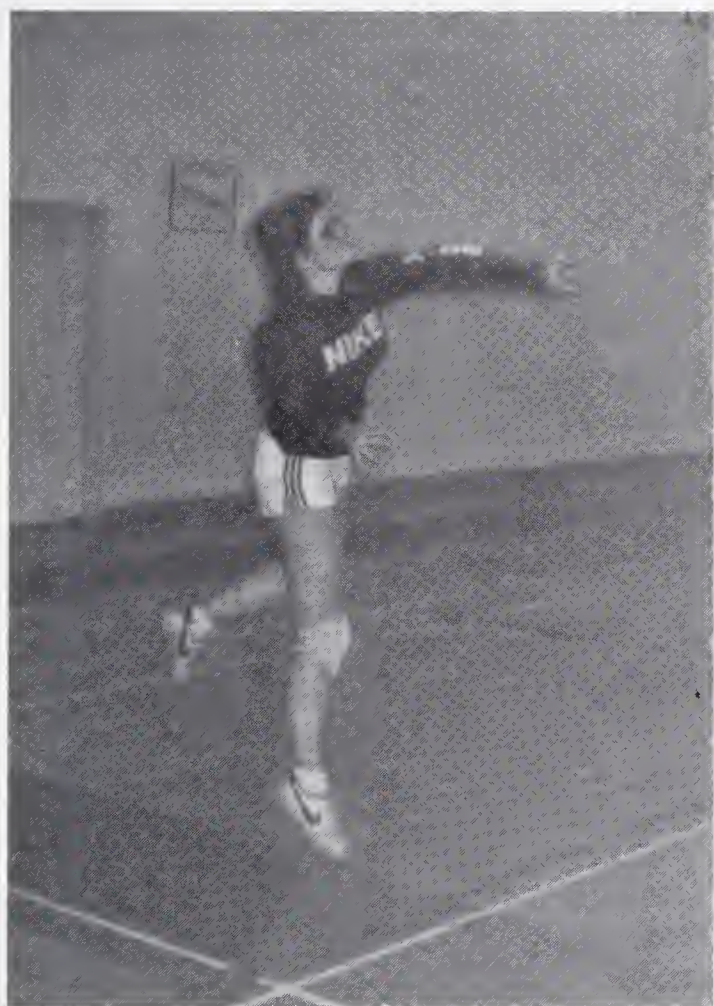
Top Row: Bob Lymer (Coach), Melodie Oteley, Cathy West, Nancie Smith, Yvonne Kooter, Kelly.  
Middle Row: Mary Lou Albanese, JoAnn Purcell, Sheila Webster, Terry Barnard.  
Bottom Row: Edie Cabecintha, Marianne Forma, Nancy Griffin.





# VOLLEYBALL

Back Row: Yvonne Kooter, Sara Budsworth, Nancie Smith, Paula O'Sullivan, K.O. Huatari (Coach), Melodie Oteley, Cathy West. Front Row: Brenda Scheuermann, Debbie Croyden, Barb Halman, Nancy Griffin, Heather Thornton.



Our Captain in action!





# SPORTS BANQUET





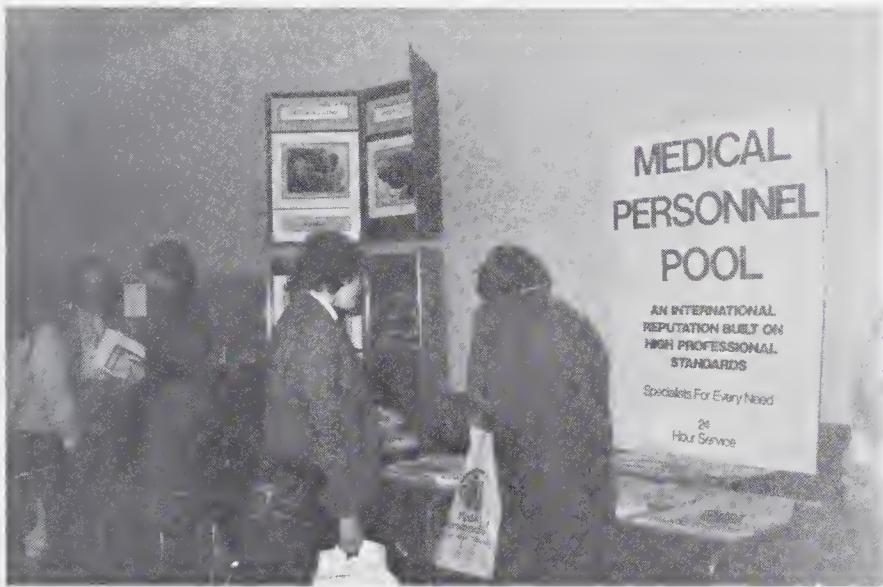
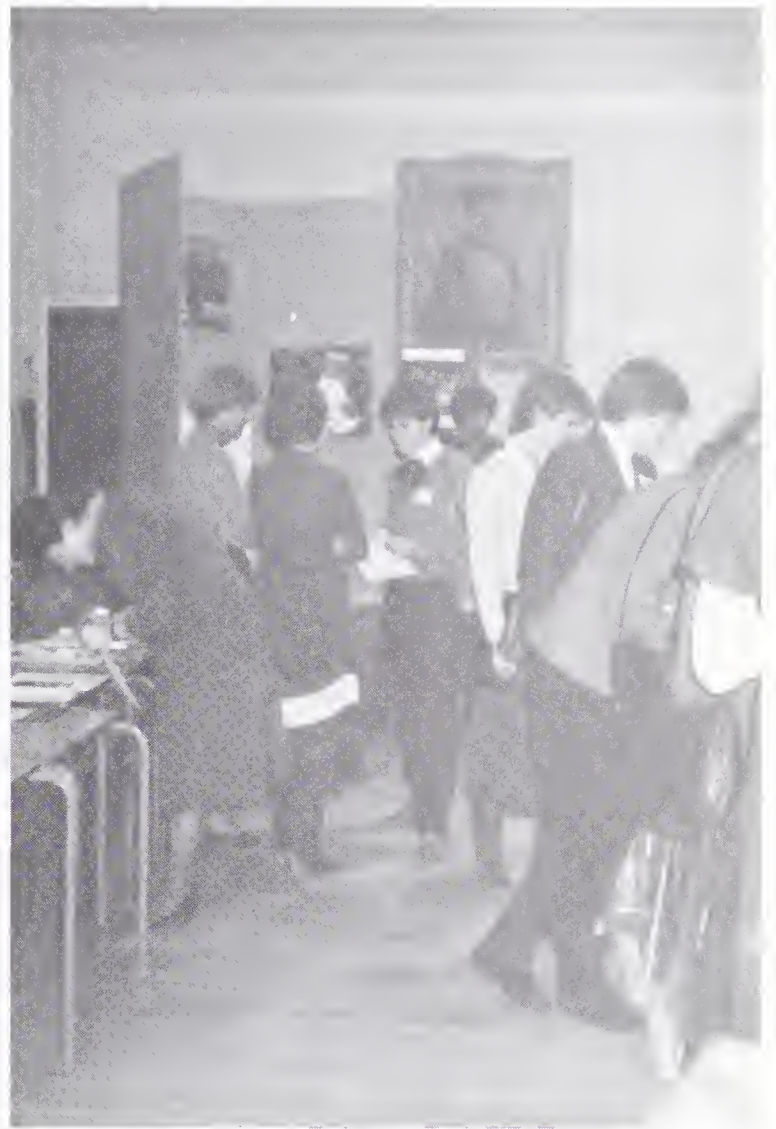




# CAREER DAY - MARCH 1985

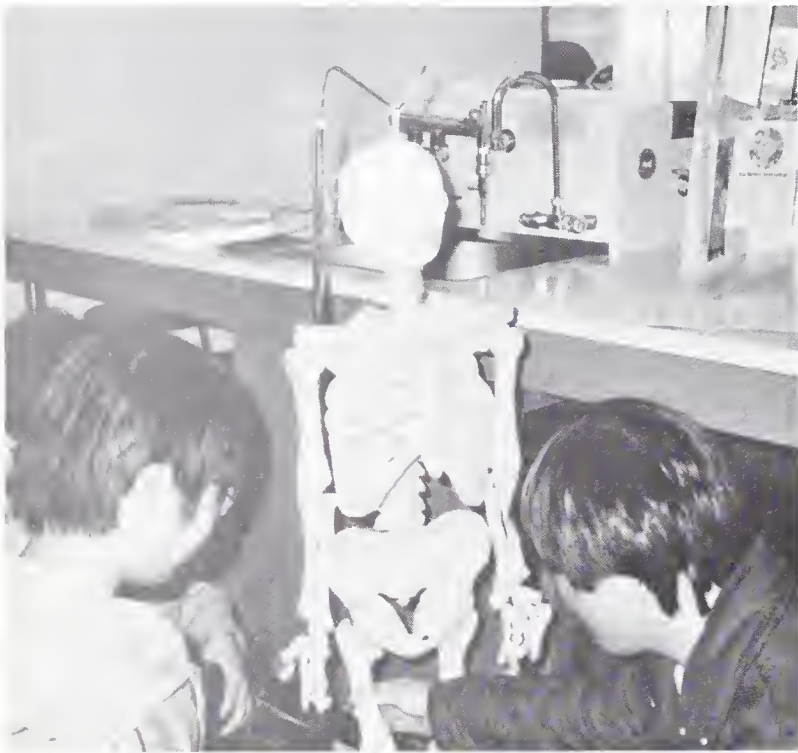








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# YEARBOOK STAFF



A common attitude which seems to prevail among many nursing students is "If I ever get through, I'll be amazed!". Such a sentiment is acknowledged and surpassed by what you are holding in your hands right now - the 1984-1985 Faculty of Nursing Yearbook. Within it you will find events and times when "I'll never get through" came to mind - Clinical, exams, and Monday mornings to name a few. You will also find the good times which unfortunately often overshadow the bad.

The proof is in the pictures that we can make it through our program and our years spent at the Faculty and at University; and enjoy it at that! The graduates are living evidence to that fact.

It has been my sincerest attempt to bring to you as many persons, places and activities which made up the year 1984-1985 at the Faculty of Nursing. Congratulations to those who actually did make it through, and good luck to those of us who are still in the process.

Nancy Griffin  
Yearbook Editor '84-'85



Marianne Forma



Chris Rozman





Annette Ganzenberg

Laura Comisso



JoAnne Purcell



Also thanks to:  
D. MacLean  
Jane Anne Bradbury



# SCRAPBOOK

























# WORDS FROM THE WISE

I had always said that growth was my highest value. What I hadn't considered was that growth seeks change and cuts like a scythe through safety, through sameness.

- Carol Gino  
THE NURSES STORY

A friend is someone who  
knows you as you are,  
understands where you've  
been,  
accepts who you've become  
and still  
gently invites you to grow.

- Unknown

When we take a man as he is,  
we make him worse.  
When we take a man as if he  
were already what he should be  
we promote him to what he can be.

- Goethe

To laugh often and much, to win the respect of intelligent people  
and the affection of children;  
To earn the appreciation of honest critics  
and endure the betrayal of false friends;  
To appreciate beauty,  
To find the best in others.  
To leave the world a bit better, whether by a healthy child,  
a garden patch or a redeemed social condition;  
To know that even one life has breathed easier because you lived.  
This is to have succeeded.

- Unknown



COMES THE DAWN - Veronica A. Shoffstall

After a while you learn the subtle difference  
Between holding a hand and chaining a soul  
And you learn that love doesn't mean leaning  
And company doesn't mean security  
And you begin to understand that kisses aren't contracts  
And presents aren't promises  
And you begin to accept your defeats  
With your head held high and your eyes open  
With the grace of a woman not the grief of a child  
You learn to build your roads  
On today because tomorrow's ground  
Is too uncertain for plans and futures have  
A way of falling down in midflight  
And you learn that even sunshine  
Burns if you get too much  
So you plant your own garden and decorate  
Your own soul, instead of waiting  
For someone to bring you flowers  
And you learn that you really can endure  
That you really are strong  
And you really do have worth  
And you learn and learn and you learn  
With every goodbye you learn.

To be nobody but yourself  
in a world which is doing it's best  
day and night to make you everybody  
else, means to fight the hardest  
battle which any human being can  
fight -- and never stop fighting.

- Unknown

I would rather make mistakes in  
kindness and compassion, than work  
miracles in unkindness and hardness

- Mother Teresa

Let me not pray to be sheltered from dangers  
but to be fearless in facing them.  
Let me not beg for the stilling of my pain  
but for the heart to conquer it.  
Let me not look for allies in life's battlefield  
but to my own strength.  
Let me not crave in anxious fear to be saved  
but hope for the patience to win my freedom.  
Grant me that I may not be a coward, feeling your mercy in my success alone;  
but let me find the grasp of your hand in my failure.

- Rabindranath Tagore



FOR THE NURSES ONLY.

When there's crying around the corner,  
And there's pain down the hall,  
When the bones are too big,  
And the children much too small,  
When the days have no ending,  
And the nights are too few,  
When struggling to please a child,  
There's still no "I love you"  
When the doctors shout and scream,  
Cause they've had a lousy day,  
And you don't feel much better,  
Cause yours is the same way,  
When the aspirin bottle's empty,  
And your shoes are too small,  
When hopes seem unfounded,  
And you feel like you're going to fall,  
Then go to a mirror  
And do not hesitate  
Stare right in and you won't have to wait,  
Once you look you'll see someone there,  
Who has a hope and a prayer  
A prayer for the children,  
Both sick and dying,  
And this is the prayer that keeps us all trying  
Hoping for the day  
When the suffering will cease  
And once and for all  
There will truly be peace.

SCHYLER DOWLING for the nurses at H.S.C.

- submitted by Cori Janes



# CLINICAL DAYS



The education of a nurse is probably a form of brain-washing. Like the experiences of prisoners of war, it is something that one does not recover from. In many ways, nursing alters the life of it's adherents, and that life is never again the same.

For better or for worse, nursing leaves its mark on the men and women it touches. We see human life a little differently than we saw it before: we see our own lives differently too. And we cope with it the best we can. Sometimes we turn our faces to the wall and weep; sometimes we toughen our souls; and often we use the bright shield of humor to turn away the pain. Byron states: "and if I laugh at any mortal thing 'tis that I may not weep."

- Webb, Sharon: R.N.  
submitted by B.A. Walsh

For all in the health care professions, our role may be summed up as follows:  
"To sometimes cure, to often relieve, and always comfort."

















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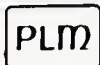
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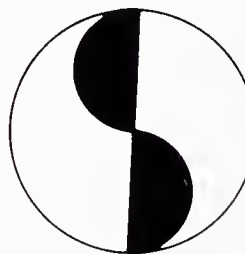
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